



Delicious Ham and Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper white black to taste
- ☐ 5 tablespoons butter
- ☐ 0.3 cup celery diced
- ☐ 2 tablespoons chicken soup base
- ☐ 0.8 cup ham diced cooked
- ☐ 5 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 0.3 cup onion finely chopped
- ☐ 3.5 cups potatoes diced peeled

- ☐ 0.5 teaspoon salt to taste
- ☐ 3.3 cups water

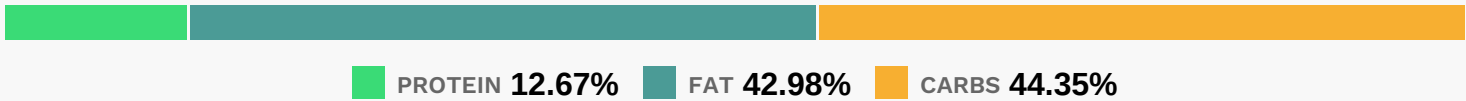
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.
- ☐ In a separate saucepan, melt butter over medium-low heat.
- ☐ Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.
- ☐ Stir the milk mixture into the stockpot, and cook soup until heated through.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.22, Glycemic Load:15.58, Inflammation Score:-5, Nutrition Score:9.1517391515815%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 210.26kcal (10.51%), Fat: 10.18g (15.66%), Saturated Fat: 5.89g (36.83%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 21.23g (7.72%), Sugar: 4.22g (4.69%), Cholesterol: 34.03mg (11.34%), Sodium: 659.64mg (28.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin C: 21.26mg (25.77%), Vitamin B6: 0.35mg (17.52%), Phosphorus: 157.53mg (15.75%), Potassium: 539.93mg (15.43%), Vitamin B1: 0.21mg (13.75%), Manganese: 0.21mg (10.29%), Vitamin B2: 0.17mg (10.28%), Calcium: 98.68mg (9.87%), Fiber: 2.39g (9.58%), Magnesium: 34.9mg (8.73%), Vitamin B3: 1.74mg (8.71%), Vitamin B12: 0.5µg (8.29%), Selenium: 5.62µg (8.02%), Copper: 0.14mg (7.03%), Vitamin A: 338.37IU (6.77%), Folate: 27.07µg (6.77%), Vitamin B5: 0.65mg (6.48%), Iron: 1.1mg (6.1%), Zinc: 0.82mg (5.49%), Vitamin D: 0.67µg (4.47%), Vitamin K: 3.81µg (3.63%), Vitamin E: 0.26mg (1.76%)